

No Place Like Home: Patient Support Strategies for Home Therapies

Kristin Uebel, MBA, HEA, RN, CNN
*Clinical Nurse Manager of Hemodialysis & Infusion
Jesse Brown VA*

Jillian Weaver, MSW, LCSW
*Social Worker Regional Manager-Region 89 Heartland
U.S. Renal Care*

Dr Samantha Gunning, MD
*Assistant Professor of Medicine
University of Chicago Medicine*

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Disclosures

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Objectives

- Identify the available home dialysis modalities and their key clinical and lifestyle considerations for patients with kidney disease.
- Assess common barriers to initiating and maintaining home therapies from both patient and provider perspectives.



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BENEFITS OF HOME MODALITIES

Home dialysis gives people with kidney failure the flexibility to manage their treatment at home instead of a dialysis center.

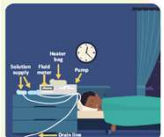
Compared to getting dialysis treatments at a center, home dialysis may help your patients:

- Fit treatments into their schedule better
- Get treatment in a more comfortable, familiar environment
- Eat a wider variety of foods
- Take less medicine
- Do more daily activities
- Work or travel more easily


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Continuous Ambulatory Peritoneal Dialysis



Continuous Cycling Peritoneal Dialysis

Peritoneal Dialysis

There are two types of peritoneal dialysis:

1. **Continuous ambulatory peritoneal dialysis (CAPD)**-When the abdomen is filled and emptied with solution(dialysate), this is called an exchange. Each exchange takes about 30 to 40 minutes. The exchanges must be done every four to six hours.
2. **Automated peritoneal dialysis (APD)**-A machine called a cycler delivers the solution into the abdomen. The cycler then drains it. This is done usually at night during sleep.


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Home Hemodialysis Options

When a person can get hemodialysis at home, that person's family or a friend must be a care partner.

The nephrologist will prescribe the length and type of home hemodialysis.

If they choose home hemodialysis, there are 3 typical schedules:

- Standard – 3 treatments a week, each treatment takes 3 - 4 hours
- Short daily – 5 - 7 treatments a week, each treatment takes 2 hours
- Nocturnal – treatments every night or every other night, for 6-8 hours while you sleep



This picture shows a home hemodialysis machine at bedside.


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https://www.kidney.org/sites/default/files/2025-03/441-0005_2503-homedialysis_needtoknow_flyerv2.pdf

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Comparison of Home Dialysis

	Peritoneal Dialysis (PD)	Home Hemodialysis (HHD)
Types of Home Dialysis	Peritoneal dialysis (PD) is a type of dialysis treatment for kidney failure that uses the lining of the belly as a filter to remove waste products and excess fluid from the blood.	Home hemodialysis is a type of dialysis treatment for kidney failure that lets you do dialysis at home using a machine to remove waste and extra fluid from your blood.
Access	Requires a soft tube (catheter) in your belly to add and remove fluid for dialysis.	Requires a fistula (a natural connection between blood vessels) or a graft (a soft tube under the skin) to make it easier for dialysis to filter your blood.
Home Space	Need a clean space for machine, equipment and supplies.	Need a clean space for machine, equipment and supplies.
Treatment Options	Continuous cycling peritoneal dialysis (CCPD)—connect to a machine overnight of 8-10 hours. Continuous ambulatory peritoneal dialysis (CAPD)—it is done 3-5 times every day by hand.	Traditional HHD—3 times a week for 3-4 hours, like in-center, but you can make your own schedule. Short frequent treatment—5-6 times a week for 2-3 hours each treatment and you can make your own schedule.
Diet and Nutrition	You may have more food and drink options than with in-center dialysis. Since this treatment happens more often, it helps remove extra waste and fluid more steadily. Always check with your renal dietitian.	You may have more food and drink options than with in-center dialysis. More frequent treatments help remove waste and fluid more often, giving you more flexibility in your diet. Always check with your renal dietitian.
Care	Self-care (no care partner needed) and more independence.	May need a partner but allows for more independence.

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<https://homedialysis.org/documents/ModalityComparison.pdf>

Home Treatments Compared:

HOME TREATMENTS COMPARED: PLUSES +

	CAPD	CCPD	Conventional HHD	Daily HHD	Nocturnal HHD	In-center HD
More-normal diet and fluids	✓	✓	✓	✓	✓	
More dialysis to feel better	✓	✓	✓	✓	✓	
Work-friendly treatment	✓	✓	✓	✓	✓	
Puts you in charge	✓	✓	✓	✓	✓	
You're not around sick people	✓	✓	✓	✓	✓	
Fewer ups & downs in how you feel	✓	✓	✓	✓	✓	
Portable - take it with you	✓	✓	✓	✓	✓	
Flexible - suits your schedule	✓	✓	✓	✓	✓	
Available in every state	✓	✓	✓	✓	✓	✓
Needle-free treatments	✓	✓				
Have your days free	✓	✓				✓
Learn it in a week or two	✓	✓				
Fistula likely to last longer			✓	✓	✓	

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Home Treatments Compared:

HOME TREATMENTS COMPARED: MINUSES -

	CAPD	CCPD	Conventional HHD	Daily HHD	Nocturnal HHD	In-center HD
Need to visit clinic 3 times a week						✓
Supply storage space needed	✓	✓	✓	✓	✓	✓
Infection is a risk	✓	✓	✓	✓	✓	✓
Can affect body image	✓	✓	✓	✓	✓	✓
Weight gain from dialysate	✓	✓				
Limits swimming, tub bathing	✓	✓				✓
Lack of privacy						✓
A partner is needed			✓	✓	✓	
Takes several weeks of training			✓	✓	✓	
Plumbing/wiring may be needed			✓		✓	

* If dialyzing with a catheter

Panel Discussion Question 1:
Will there be a noticeable change in utility bills?

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Panel Discussion Question 2:
Does the patient's home have to be sterile?

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Panel Discussion Question 3:
Will there be a noticeable change in utility bills?

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Panel Discussion Question 4:
Are patients that are on home dialysis able to travel?

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Panel Discussion Question 5:
How much storage is necessary for supplies?

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Panel Discussion Question 6:
What is a home dialysis care partner?
Is a care partner required to perform dialysis at home?
Can a care partner receive compensation for their care?

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Panel Discussion Question 7:

How long does it take to complete home dialysis training?



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Panel Discussion Question 8:

Is it possible to keep working while on home dialysis?



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Panel Discussion Question 9:

Can a patient do home dialysis if they have health conditions other than kidney disease?



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Panel Discussion Question 10:

Can a patient have a pet while on home dialysis?



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Panel Discussion Question 11:

How can patients prepare their home for home dialysis?



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Panel Discussion Question 12:

How can a patient manage supplies including water, waste, and electricity for both home PD and HD?



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Panel Discussion Question 13:

Is home dialysis safe?

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Resources

National Kidney Foundation of Illinois: www.nkfi.org/	The Renal Network: www.therenalnetwork.org
National Kidney Foundation: www.kidney.org/	Home Dialysis Central: https://homedialysis.org/
ESRD National Coordinating Center: www.esrdncc.org	Centers for Disease Control (CDC): https://www.cdc.gov/kidney-disease/ckd-facts/index.html
Kidney Community Emergency Response: www.kcercoalition.com	
American Association of Kidney Patients: aakp.org/	

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Questions?



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